

| Nutrition Facts | | | |
|---|--|-------------|-----------|
| About 5 servings per container | | | |
| Serving size | 1.0 oz (28g/about 2 1/2 Tbsp bulgur wheat & 1 tsp seasoning mix) | | |
| Calories | As packaged | As prepared | |
| | 90 | 120 | |
| | % DV* | % DV* | |
| Total Fat | 0g | 0% | 3g 4% |
| Saturated Fat | 0g | 0% | 0g 0% |
| Trans Fat | 0g | | 0g |
| Cholesterol | 0mg | 0% | 0mg 0% |
| Sodium | 270mg | 12% | 270mg 12% |
| Total Carb. | 21g | 8% | 22g 8% |
| Dietary Fiber | 3g | 12% | 4g 14% |
| Total Sugars | <1g | | 2g |
| Incl. Added Sugars | <1g | 1% | 1g 3% |
| Protein | 3g | | 4g |
| Vitamin D | 0mcg | 0% | 0mcg 0% |
| Calcium | 20mg | 0% | 20mg 0% |
| Iron | 0.7mg | 4% | 0.9mg 4% |
| Potassium | 130mg | 2% | 210mg 4% |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | | | |

INGREDIENTS: Bulgur wheat, salt, parsley*, onions, molasses*, garlic, spearmint, honey, black pepper.
*Dried. (00060-L03-4)

CONTAINS WHEAT INGREDIENTS.

Distributed by:
Near East Food Products
P.O. Box 049003
Chicago, IL 60604-9003

Package contains empty space to accommodate grain to seasoning ratio. This package is sold by weight, not by volume. Contents may settle during shipping and handling.
©2020 GGC

- PREPARATION DIRECTIONS**
1. In medium saucepan, combine wheat and contents of Spice Sack. Stir in 1 cup boiling water. Cover; let stand 30 minutes in refrigerator.
 2. Stir in 1 cup chopped fresh tomato (about 1 large), 1 tablespoon fresh lemon juice* and 1 tablespoon olive oil or vegetable oil; mix well.
 3. Cover; chill 1 hour or overnight. Toss well before serving on a bed of lettuce. About 3 cups prepared

*For tarter lemon flavor, increase lemon juice to 2 tablespoons.

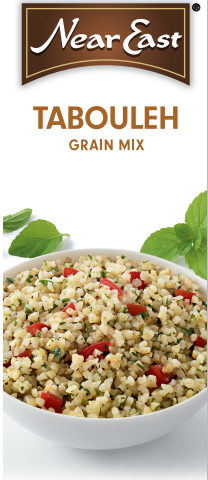
At Near East®, we're inspired by how well the world eats. Our journey began 50 years ago with a single, homemade Armenian rice pilaf recipe. Today, the brand has expanded to a family of hearty grains, blended with vibrant spices and herbs from across the globe. Our simple yet flavorful dishes provide creative inspiration for any meal.

smartlabel®



Scan here for more food information or call
1-800-822-7423

We're here to help.
Neareast.com or 800.822.7423
Please have package available when calling.



32630006017

BEST BEFORE

